



Affiliated with Union of Orthodox Congregations of America

Shabbat Ends 9:00 pm

Chumash pages 958 - 979

Chumash pages 1196-1197

Thank you to **Rabbi Chaim & Michael Edelstein and Family** for sponsoring the kiddush this Shabbos in honor of the Shloshim of their father, Lou Edelstein z"l.

Thank you to **Dr. Faye Cohen McCary & Family** for sponsoring the beautiful cake in honor of the birthday of her husband **Brian McCary**.

Thank you to **Shirley & Sam Bluestein** for sponsoring the Shabbos bulletin in observance of the yahrzeits of Shirley's parents Hyman Max & Esther Mindel z"l.

Erev Shabbos, Friday, July 27

- **Mincha & Ma'ariv ~ 7:00 pm**

- **Shachris & Musaf ~ 9:00 am**

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Menachem Szus**
- Leyning: **Moshe Leib Cohen**
- Haftorah: **Stuart Klamen**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf:

- **Starting Points: Wisdom for Daily Living ~10:15 am ~ led by Rabbi Ze'ev Smason**
Topic: "How to Discuss Politics Without Losing Friends"

- **Mincha/ Ma'ariv/ Shalosh Seudos ~ 7:35 pm**

Mashgicha: Norma Rubin

Today's Shabbat Greeters: Gary & Trudy Sudin

This Week and Beyond....

[illegible]

Birthdays: Sally Needle & Janet Goldenberg

Anniversaries: Murray & Joyce Hochberg

- **Sunday, July 29 ~ 3:00 - 5:00 pm ~ Pop Flys & Popsicles ~ KidZone** will be having a fun, family, water-filled afternoon at the park next to NHBZ. Brush up on your baseball skills as we will try and get a family game going! Bring your glove! Then come to pizza night!
- **Sunday, July, 29 ~ 4:00- 5:00 pm ~ Shaving Israel Speaker Event with Talia Wolkowitz**, a native St. Louisan who joined the IDF in December of 2015.
- **Sunday, July 29 ~ 5:00- 7:00 pm ~ Pizza Night \$12.00 / \$6.00 for kids** ~Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad, and garlic bread, dessert and beverage! Also, a movie for the kids! Please place your carry-out orders by 10:00 am on Sunday morning. Email orders preferred to jeff@nhbz.org (you will receive an email confirmation) or as a last resort, call 314-991-2100, ext.2.
- **Wednesday, August 8 ~ 2:00 pm ~ Senior Kollel and NHBZ Sisterhood** presents "Balance for Balabustes" with Jill Abrams at NHBZ. Exercise and more.
- **Shabbat, August 11 ~ Mitzvah Adventure and Baseball Themed Kiddush Luncheon**
Topics for the Mitzvah Adventure:
 1. *Bikur Cholim* "How to Visit the Sick" by *Rabbi Ze'ev Smason*
 2. *Nichum Avelim* "How to Pay a Shiva Call" by *Rabbi Yitzchok Kowalsky, St. Louis Kollel*
 3. *Hachnasas Orchim* "How to Host Shabbos Guests" by *Alex Lyss*
- **Sunday, August 19 ~ NHBZ Sisterhood 3rd Annual 'Dine 'N' Style' Fashion Show and Luncheon.** Presenting Fall and Winter fashions from Orli's Boutique, the show features modest clothing that is versatile and stylish, worn by NHBZ member models. A variety of vendors will participate in the Fashion Retail Market on the lower level of the synagogue with doors opening for shopping at 10:00am. Luncheon and Fashion Show begin at 12:00 noon. Cost \$20.00.
- **August 26 ~ 10th Annual Rabbi Ride Around ~ 10:00 am -2:00pm**
Where: Forest Park Shelter # 8. This year's ride is dedicated to Gino Bartali, a great Italian cyclist who saved hundreds of Jews during the Shoah. The RRA is a fun-filled picnic with balloons, face painting, kid's attendance prizes, a raffle, a bike themed silent auction and of course lunch.
What you can do:
 1. Make a generous pledge per mile for the Rabbi's 50 mile ride
 2. Attend to cheer Rabbi Smason on!
 3. Become a sponsor for \$100 to make the RRA a success!

NHBZ Hidden Talents and Interests Survey: Fill out the Survey NOW for a chance to win a \$50 gift card.

What are your interests? What are your talents? We want to know!

Please complete the recent survey on the Hidden Talents and Interests of our membership NOW to be entered into the \$50 raffle.

Why do we want to know this information? We hope to use this information to determine how you might be able to help the shul and to hopefully develop programming to meet the interests of our membership. It only takes 5 minutes. Please take the survey as soon as possible.

Questions: Please contact Jesse Barash at 314-440-3047 or at jesse53james@yahoo.com.



Parshas: Va'eschanan

Moses continues his final speech to the Children of Israel. He tells them how he entreated G-d to allow him to enter the land of Israel, but his request was denied. Moses was allowed, however, to see the Promised Land from the peak of Mount Pisgah. Moses appeals to the people to keep the Torah, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the Revelation at Mt. Sinai where every man, woman and child heard the presentation of the Ten Commandments. Moses repeats the Ten Commandments, with subtle differences between this version and that of the Book of Exodus. The Shema, found in this week's Torah portion, expresses our belief that G-d is One and states our commitment to love and serve Him. It exhorts us to transmit Torah to the next generation, and its laws should be remembered by a 'sign' upon one's hand and forehead (tefillin) and written on the doorposts of one's home (mezuzah). Finally, Moses encourages the people to trust in G-d and remain faithful to the Torah. Intermarriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

Tehilim Prayer Group

We are looking for more people to say Tehilim for those in need. Please call **Julie Eisenberg** for more information – 314.494.8437.

Adult Learning at NHBZ

Every Wednesday 12:15 pm ~ Lunch & Learn with Rabbi Smason

Study Pirkei Avos / Ethics of the Fathers.

Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~ A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms.

Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

July 28: "How to Discuss Politics Without Losing Friends"

August 4: "Life Lessons My Grandparents Taught Me"

August 11: "The Best Advice I Ever (and Never) Got"

August 18: "Wisdom vs Knowledge: Was High School Trig Really Necessary?"

August 25: "Five Polite Ways to Disarm Rude People"

Sept. 1: "How to Forgive When You Can't Forget"

Every Shabbos ~ Tanach (Bible) Study (3/4 hour before Mincha)

Every Sunday ~ Mishna Learning (after Shacharis) with **Rabbi Chanan Swidler**

KIDZONE News by Alana Umansky

I hope you are having a wonderfully warm week! **We will be having Tot Shabbat with Julia and Junior Congregation with Dodi this week!!**

These are the future dates for Tot Shabbat and Junior Congregation over the summer. Babysitting will be available the other weeks over the summer. August 11, 25

We hope to see you all at a fun, free program, **Pop Flys & Popsicles, THIS SUNDAY from 3-5 pm!!!** Come out to the Irv Zeid Park for some family time. Brush up on your baseball skills as we will try and get a family game going!! Please see the flyer attached!! Please let me know if you are coming so we can have enough popsicles! Hope to see you **THIS SUNDAY!!**



Shaving Israel

Speakers Series

Sunday, July 29

4:00-5:00 pm

Guest Speaker

Talia Wolkowitz



Talia is a native St. Louisan who joined the IDF in December of 2015. She rose to the rank of Sergeant and was a Canine-Track and Attack Operational Handler.

Stay for NHBZ Pizza Night from 5-7pm!

All-you-can-eat pizza, pasta, & salad - \$12.00



NHBZ KidZone Family Event

Sunday, July 29, 2018
3:00 - 5:00 pm

Come join NHBZ KidZone for a Fun-filled Afternoon of

Pop Flys & Popsicles



Bring your baseball glove!

Irv Zeid Park (next to NHBZ)

***Stay for dinner at NHBZ's monthly
Pizza Night from 5:00 -7:00 pm***

For questions, please email *Alana Minoff* at alanaumansky@gmail.com



Pizza Night

Sunday, July 29

5:00 pm – 7:00 pm

All You Can Eat Buffet

**Includes Pizza, Pasta, Salad and Garlic Bread
plus a Dessert and a Beverage**

**Cheese is Cholov Yisroel; pareve & gluten free crusts available while
supplies last**

All food under the supervision of Rabbi Ze'ev Smason

Dine-In Buffet

Movies for kids on lower level

Adults: \$12.00 ~ Kids 4-10: \$6.00 ~ Kids 3 & under: FREE

WE ACCEPT CREDIT CARDS

Or Carry Out

Cheese Pizza \$12 plus \$.75 for each topping

**Place orders by 10:00 am Sunday: email orders preferred to
jeff@nhbz.org or as a last resort call 314-991-2100, ext. 2**

Pick up between 4:30 pm - 4:45 pm (pre-paid orders only)

**Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100**



**NEXT
PIZZA NIGHT:
SUNDAY
Aug 26**



THE SISTERHOOD SCOOP JULY

Volume I

Number 21

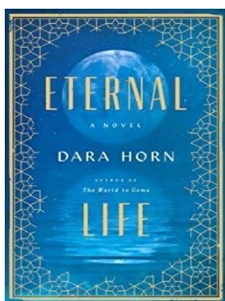
July 28, 2018

Sisterhood Book Club for August

The next book selection is: *Eternal Life* by award-winning novelist **Dara Horn**. "A gripping, hilarious, and moving psychological novel, that celebrates the bonds between generations, the power of faith, the purpose of death, and the reasons for being alive."

Discussion of *Eternal Life* will be Monday, August 27, 7:15-8:45pm

at Mansions on the Plaza, 8300 Delmar
hosted by Chana Lowenstein
discussion led by
Peggy Umansky



FOR MORE INFORMATION:

Fran Alper at 314-993-4024
fran.alper@outlook.com

or Chana at 314-274-8718
lclowenstein@gmail.com

NHBZ Sisterhood presents the 3rd Annual



Dine 'n' Style Luncheon & Fashion Show Sunday, August 19

Shopping opens at 10:00 AM
Luncheon & Fashion Show promptly at 12:00 Noon

FALLING FOR FASHION

Featuring 2018 Fashions from *Orli's Boutique*,
and new this year... Our 'Retail Market' with lots
of Shopping on the Lower Level, including:

**Jewelry, Fused Glass, Silk Scarves, Israeli Jewelry,
Accessories, Purses, Gifts & more...**

Register NOW – \$ 20
(by August 12, please)

Call: 314-991-2100, ext.3, or
Email: FashionShow@NHBZ.org

Visit: nhbz.org/sisterhood/fashionshow



Coming Soon...

Watch your mail for Sisterhood's New Year Greetings Fundraiser

Proceeds will benefit NHBZ's Passport to
Israel Program and other Sisterhood
projects. Please be as generous as possible.
Help support your NHBZ Sisterhood!

Join NHBZ Sisterhood in Supporting the Rabbi-Ride-Around



Come to the Sisterhood Booth at
the 10th Annual Rabbi-Ride-Around
and help cheer on *Rabbi Smason* as
he rides 50 miles. Stop by for a
special Italian treat in tribute to the
memory of Gino Bartali, the great
Italian cyclist who saved hundreds
of Jews during the Shoah.

Sunday, August 26 - Forest Park Shelter 8





Mitzvah Adventure Shabbat & Baseball-Themed Kiddush

Shabbat, August 11, 2018

- 8:30 am **Traditional Services** – in the sanctuary
10:00 am **Starting Points** – in the chapel
Topic: The Best Advice I Ever (and Never) Got
led by Rabbi Ze'ev Smason



- 10:00 am **Children's Programming** – lower level
Tot Shabbat for ages 1-6, babysitting for younger children,
Junior Congregation for ages 7-12

11:30 am **'Chesed' Mitzvah Adventure**

Choose 2 of 3 Sessions, each presented at 11:15 and 11:45

1. **Bikur Colim** "How to Visit the Sick"
by Rabbi Ze'ev Smason
2. **Nichum Avelim** "How to Pay a Shiva Call"
by Rabbi Yitzchok Kowalsky of the St. Louis Kollel
3. **Hachnasas Orchim** "How to Host Shabbos Guests"
by Alex Lyss

12:15 pm **Baseball-Themed Kiddush Lunch**

sponsored by

Amy & Denny Feit and **Joyce & Murray Hochberg**



For more information, call (314) 991-2100 extension 2



ST. LOUIS *senior*



Balance for Balabustes

Senior Kollel and Eishes Chayil Women's Division
in Cooperation with Nusach Hari B'nai Zion Sisterhood
present

"Balance for Balabustes"

Strength Training ~ Bone Health
~ Flexibility for Females ~

with

Dr. Jill Abrams

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Next Class: Wednesday, August 8th

2:00 pm

at NHBZ

**650 N. Price Road
Olivette, Missouri**

**Bring a Friend!
Refreshments served!**



For more info: office@stlkollel.com



Shabbat Children's Programming (Summer)

July 28 - August 11 & 25

Junior Congregation for children ages 7 to 11

10:00 am – 12:00 pm in the Youth Lounge

- Learn the key Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss cool facts about Israel
- Absorb Israeli culture and spoken Hebrew
- Hang out with old friends and make new ones

Tot Shabbat for Children ages 6 and under

10:00 am – 11:30 am in the *Eli Ragin Kids' Play Room*

- Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more
- Parents and grandparents are invited to stay

Babysitting is also available **10:00 am - 12:00 pm**

All children welcome – no RSVP, no cost, no worries!

***All programs are on the NHBZ lower level,
and include delicious snacks!***

For questions, please email *Alana Minoff*
at alanaumansky@gmail.com

High Holiday Seating



It is now mid-Summer, and Rosh Hashanah is just around the corner!

That means it is time to review and update the reserved seating chart for Hashanah and Yom Kippur. We have reserved seats for members so that they can be seated with friends and family, and can come and go throughout services while being assured that they can return to the same seat. This ensures that we will have a seat for each member throughout services.

If you are a new member this year, we will assign you a reserved seat for the holidays. If you want to sit in a particular location - front, back, side, near a relative or whatever - please contact Jeff in the office, and we will try to accommodate your preference.

This year we are trying to make our seating more efficient. If you were a member last year, there is a slight chance that your seat assignment will be different this year. If you would like to confirm or change your seat, please contact Jeff in the office.

If you will not be using your seat this year, please let us know.



NHBZ Sisterhood presents the 3rd Annual

DINE 'N' Style Fashion Show & Luncheon **FALLING FOR FASHION**

Sunday, August 19

Nusach Hari B'nai Zion
650 North Price Road, Olivette

Registration Now Open – \$20
(RSVP by August 12, please)

- ♦ call NHBZ – 314-991-2100, ext. 3
- ♦ email FashionShow@nhbz.org
- ♦ visit nhbz.org/sisterhood/fashionshow



Shopping opens at 10:00 AM
Luncheon & Fashion Show promptly at 12:00 NOON

In addition to **Orli's Boutique**
visit our lower level "Retail Market" featuring:
Artisan Jewelry, Creative Design Jewelry, Israeli Jewelry
Fashionable Headscarves, Fused Flameworked Glass
Silk Scarves, Purses, Accessories, Gifts, and more...

Slices for Soldiers



Dear NHBZ Members,

As you know, Israel is embroiled in conflict with Syria and ultimately Iran on its northern borders. If you've found yourself asking "What can I do?" or "In what way can I help?" **The Israel Committee of Nusach Hari B'nai Zion is bringing back the Slices for Soldiers project that was so successful in 2014.** This seemingly small gesture will go a long way toward providing Israeli soldiers with a little smile and respite from the battle field. Previously the project raised \$2,500 to feed front line Israeli Soldiers, so let's come together and make this campaign even more successful!

We will be collecting money from today until July 30th, with every dollar used for the purchase of pizza from local Israeli pizzerias for troops on the front lines. Receiving pizza on the battlefield from people half way around the world goes a long way to encourage our soldiers. May Hashem guard and protect them and all of Israel, and may they be successful in their mission and return home quickly and safely.

Please mail your check, made out to NHBZ to: Nusach Hari B'nai Zion, 650 North Price Road, Olivette, MO 63132 ~ Sorry, no credit cards for this campaign.

Thank You,
Jason Loiterstein
NHBZ Israel Committee





Starting Points:

Wisdom for Daily Living

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.

Schedule for July & August, 2018

July 28: "How to Discuss Politics Without Losing Friends"

August 4: "Life Lessons My Grandparents Taught Me"

August 11: "The Best Advice I Ever (and Never) Got"

August 18: "Wisdom vs Knowledge: Was High School Trig Really Necessary?"

August 25: "Five Polite Ways to Disarm Rude People"

September 1: "How to Forgive When You Can't Forget"

For questions, call Jeff in NHBZ's office at (314) 991-2100, ext. 2